

Green Plantains Escabeche

Makes: 100 Servings

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Ingredients	Weight	Measure
Green plantains	13 1/2 lb	
Salt	3 1/2 oz	
Water		6 qt
Onion	12 1/2 oz	
Oil		5 oz
Vinegar		2 Tbsp
Bay leaf	1/2 oz	

Directions

1. Peel and cut the plantains into 1/2 inch slices.
2. Boil the plantains in salted water for 20 minutes.
3. Drain the plantains.
4. Combine the onion, oil, vinegar, and bay leaf to make the dressing.
5. Remove bay leaf. Add the dressing to the plantains.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	63	
Total Fat	1.6 g	
Protein	0.6 g	
Carbohydrates	13 g	
Dietary Fiber	1 g	
Saturated Fat	0.2 g	
Sodium	72 mg	